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## *Policies and Benefits*

### **Employee Assistance Program can help control holiday stress**



**T**he Employee Assistance Program (EAP) is a work benefit designed to help Texas Department of Criminal Justice (TDCJ) employees and their families through difficult emotional times. With licensed and certified counselors available 24 hours a day, EAP can help you deal with depression, anxiety, anger and other emotions which can be brought on by the pressures of the holiday season.

The EAP is administered by a private, nonprofit agency separate from TDCJ, so communications are completely confidential and no information is shared with agency staff or co-workers. Working with health care providers and medical insurance associates, EAP can create an appropriate and effective treatment plan for agency employees.

You don't have to face emotional problems alone. Call an EAP counselor at 1-886-832-5927. ●